



# PROMOTIONAL PROMPTS

VISIT [WWW.PAVEGGIES.ORG](http://WWW.PAVEGGIES.ORG) FOR MORE RESOURCES

These are frequently asked consumer questions that can inspire content from the farmers (blogs, emails, social media posts) and will have corresponding graphics available for sharing, formatted for various platforms.

1. What is your growing philosophy and methodology and why?
2. How did you get into farming?
3. Which vegetables should not be refrigerated?
  - a. What's the best way to store these vegetables?
4. Why should I eat your vegetables instead of the farmer's down the road?
5. What vegetables are in season right now?
6. What vegetables are high in [insert preferred vitamin/mineral]?
7. What vegetables go great with [insert preferred meat/protein]?
8. How does [insert vegetable] grow?
9. How do you decide what vegetables to grow each year?
10. Can I freeze this vegetable? How?
11. Does this grow more than once a year?
12. Which vegetables compliment each other in a salad/roast/salsa?
13. What vegetables shouldn't be eaten raw?
14. What vegetables can be eaten raw, but rarely are?
15. How long do you harvest [insert vegetable] for?
16. Why do you not wash certain vegetables/herbs?
17. How do you handle your vegetables after harvest?
18. When were the vegetables harvested? How long stored?
19. How do you cure certain vegetables? Why does it matter?
20. How long will [insert vegetable] store after I take it home?
21. Why are there some tiny holes in my kale and collards?
22. How do you decide on the prices for your vegetables?
23. Why do fresh vegetables have so much more flavor?
24. What's your favorite vegetable to grow? To eat?